



Extension Connections

Chesterfield County in Partnership
with Virginia Tech and
Virginia State University

"Educating, Engaging and Empowering" Chesterfield County Residents

Issue 1, Volume 2

December 2015

Content Editor: Ashley Moulton

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A Message from T. Michael Likins, Chesterfield Cooperative Extension Director

Much like the previous quarter, "fall has fell" and winter is gearing up in spits and spurts. There's no doubt winter will make up for lost time during the holidays. Besides gift-giving, this is the season for optimism. Remember: days start to get longer after the winter's solstice! Our first issue of volume 2 (can you believe we're starting our second year of this newsletter?) is chocked full of tips to help you enjoy this season without undue stress, and get ready for spring and beyond. There are tips and tricks as well as numerous programs to help you learn new or different skills. So on those snowy, cold evenings, when you're looking at vacation brochures or seed catalogs, mark your 2016 calendar for some of our programs, too.

Meet Our Volunteers!

**Featuring Selicia Gregory Allen, One of our treasured
4-H Youth Volunteers!**

One of the reasons I think 4-H has meant so much to me and why I have stuck with 4-H so long is because of its impact upon me as a youth. Being of service is one of the values I learned growing up not only from family but through my career in 4-H. I enjoy being a part of making it possible for youth to learn and have some of those opportunities and experiences that I did. Now kids are able to learn robotics, videography, and more advances in the STEM curriculum early on. As I reflect back on my tenure as a 4-H'er, perhaps one of my greatest accomplishments is that of achieving 4-H All Star in 1987. To this day, I continue to serve and inspire other up and coming 4-H'ers to become dedicated to service and to embrace changing their communities.



Read more of Selicia's story on Page 11

Learn more about the services we offer online:
[http://offices.ext.vt.edu/chesterfield/programs/
index.html](http://offices.ext.vt.edu/chesterfield/programs/index.html)



12 DAYS OF STRESSMAS:

12 TIPS TO SURVIVE THE

HOLIDAY SEASON & BEYOND

Although the 12 days of Christmas officially start on the 25th of December, we are starting now because most of the holiday stress and pressures come prior to Christmas. Family and friends coming from out of town, big meals to cook, presents to buy, and the pressure to live up to the idealized version of Christmas we see in the media can make even the most laid back person tighten up. Stress can lead to heart disease, binge eating, and weight gain, so take a deep breath. The holidays should be a fun and happy time. Try some tips on how to manage stress during the holiday

1. Take time to unplug from your routine or your phone. Many people during the holidays are not at work physically but they are mentally. Give your mind time to focus on something else other than work or social media. Your mind needs a break, or it will break.

2. Start new traditions.

Spend more time with family and doing things you enjoy. Try organizing a night walk with the family to check out some Christmas lights in your neighborhood. Introduce games as an alternative to television. Many people find that they enjoy indoor games like charades and board games.



3. Plan ahead so that meals are organized.

Stock the freezer and prepare healthy dishes in advance. People will appreciate being served a simple snack of homemade soup or fresh cut apples after all the heavy, rich dinners and desserts.

4. Let Others help.

Some tasks can be delegated and often people enjoy being included. Give your kids some responsibility. Having them help with clean up or cook will help them to get off the couch and maybe get some new cooking skills. Remember if they have not done as good a job as you, that's fine.

5. Exercise. It is easy to look at dreary weather and want to curl up by the fire, but nobody said staying healthy would be easy! Outdoor games like football and corn hole or a walk in the local park can introduce fresh air and a welcome change of scenery.

For more information on this topic, visit <https://ext.vt.edu>

6. Don't stretch your calendar.

Accept in advance time constraints. You can't be everywhere you want to be and with everyone you want to be with at the same time. Make the most of the time spent with special people by focusing on them and not other things you could be doing.

7. Decide on a budget for gifts in advance and agree with friends and adult family members how much you're spending on each other. Often people are silently relieved that the issue is out in the open. Overspending during the holidays only creates more stress later.

8. Acquire a timetable for local seasonal events. Carol services, interesting local craft markets, concerts can all provide a welcome distraction to house guests and potentially give you a break.

9. Serve others. Volunteer and help the less fortunate.

This practice will lead you to more gratitude, and the less you focus on yourself, the less likely you will overindulge.

10. Get some extra rest.

A new year is coming, so it will help you get off to a good start if you enter it

11. Embrace imperfections.

Not everything has to be perfect. In fact, it's often the mishaps that become the family anecdotes. They are the times that people later recall with affection. Check that your first aid kit can handle anything your family can bring.

12. Look after yourself.

If you have been following all of our tips, you deserve a day off. That does not mean you should waste all of the hard work you have done and eat until you feel sick, but don't count calories. Enjoy your family, friends, and the feeling that comes with being fit and staying healthy!



**For information on this and other topics call Linda Jackson Cole
at 804-751-4401 or email at licole2@vt.edu**

Resources & Pictures obtained from the following websites:

<http://www.mtcounseling.com/647> <http://blog.digifit.com/2013/12/12-days-fitness-christmas-day-12/>

<http://www.positive-input.org/default.asp?iID=LEHHDK&item=EGJLJGD>

http://cluebunch.com/wp-content/uploads/2014/12/christmas_budget_savings_185e537-185e54s.jpg

<http://thumbs.dreamstime.com/z/santa-claus-boxing-28063353.jpg>

<http://bloximages.newyork1.vip.townnews.com/richmond.com/content/tncms/assets/v3/editorial/7/42/742ddfae-5c4d-11e3-9cef-001a4bcf6878/529e2b8449abd.image.jpg>



Quick Tips for your Home & Garden: Winter 2015-2016

Contributed by Chesterfield Master Gardeners

Late December 2015 Tips

- Make sure that your Christmas tree has plenty of water. Trees that are well watered smell much better than dried up trees and they drop fewer needles.
- Late December is a good time to take inventory of what else needs to be done – for example; are all of your garden and lawn tools inside? Are they clean and lightly oiled to prevent rust? Are all of the water hoses disconnected, drained and neatly coiled?
- Cleaning gutters is important when protecting and preparing your home for the winter months. Gutters help keep icicles from forming along the roofline. Icicles may damage shingles, which can cause water to leak into your home.
- Take some time to reflect on the past summer and how well the garden performed. Start making a list of improvements for the coming year.
- Bulb forcing can be started as late as mid-winter. Learn how at <http://goo.gl/iljDbn>

January 2016 Tips

- It is time to take the Christmas tree out. The tree makes a wonderful refuge for birds if left on the ground. Some localities sponsor Christmas tree mulching – this is a good way to “reuse” the tree.
- The lawn mower needs to be cleaned and repaired. The gas tank should be drained or fuel stabilizer added.
- The seed catalogs have arrived. Decide what will be grown in this year’s garden now.
- Forgot to plant your bulbs before the ground froze? Here’s a tip. Plant them now in individual peat pots in flats. Set them outside where it is cold and bury the bulbs under thick blankets of leaves. Transplant them any time weather permits.
- Carefully spread salt used to melt ice on walks and driveways to avoid damage to nearby shrubs. Consider using sand or sawdust to prevent damaging evergreens and other shrubs.

February 2016 Tips

- If that Christmas poinsettia has become a lame looking plant don’t be afraid to dispose of it.
- If you have a cold frame open it up on warm sunny days to prevent overheating.
- Normally, this is a cold unpredictable month, so jazz it up! Purchase an orchid. The flower will last for several weeks if placed in a sunny window and kept moist.
- Start seed indoors in peat pots & place in a sunny window. More at <http://goo.gl/MJbx0W>
- Ice damage to woody plants occurs when high winds break heavily coated branches. Evergreens are more susceptible to snow damage than deciduous plants as they have more foliage surface for snow accumulation.

Early March 2016 Tips

- Plan an herb garden according to your palate by purchasing and planting seed for your tastes buds. Herbs can add flavor to culinary dishes or they can be enjoyed for their ornamental value. Learn more about them at <https://goo.gl/zwtb7G>
- Start fertilizing houseplants now for good growth. Any that are root bound should be repotted.
- Get your landscape design on paper. It's easier to erase it from a plan than to move it with a shovel.
- Does the internet give you a headache when looking up answers to your gardening questions? Try searching using "Site: .edu" with your search and pick only .edu sites to get research based information for less headache and better answers.

Have questions about your Lawn or Garden?

Call our Master Gardener Help Desk today by calling 804-751-4401



5 Things to Consider with Backyard Chickens During the Winter

By Charlotte Maxwell, ANR Extension Agent

1. The decreasing day length will cause hens to molt. Molting is a natural process where the hen replaces her feathers.
2. Your hens may also stop laying eggs due to the shorter days. If you want to extend egg production through the winter months you will need to provide 14-16 hours of light each day.
3. Predator pressure may increase through the winter as it gets harder for them to find food. Keep an eye on your birds and make sure their coop is secure when they are up at night.
4. Monitor their food and water. As it gets colder, you may consider giving them ad libitum access to feed so that they can adjust their consumption to the temperature or provide an additional feeding in the evening when the temperature is dropping. Water is essential for the birds, check them daily to make sure they are not frozen; water heaters are also an option.
5. Chickens can get frostbite in the case of extremely low temperatures. Combs, wattles and toes are the most at risk. A well ventilated coop with dry bedding can help keep the chickens warm when the temperatures drop.

Have questions about your chickens or livestock?

Get in touch with Charlotte Maxwell, ANR Extension Agent by emailing mcharley@vt.edu today!

SAVE the DATE

2016 CHESTERFIELD EXTENSION PROGRAMS

January 2016

Backyard Poultry Workshop — January 15th

On January 15, 2016 we will be having a backyard poultry workshop in the Chesterfield Virginia Cooperative Extension Office. The workshop will run from 10am to 3pm with lunch included in the registration cost. Topics covered will include poultry health, nutrition, predator management and marketing basics. The cost to attend is \$10. If you would like to register, or receive a flyer please contact Charlotte Maxwell at mcharley@vt.edu or 540-223-3837. Also, please consider filling out this short survey regarding marketing poultry products: <http://tinyurl.com/backyardchix>

4-H Food Challenge Camp — January 16th-18th

More than 120,000 youth participate in the 4-H Food & Nutrition Project, learning how to prepare nutritious and safe meals and snacks and adopt behaviors that can help reduce their risk for chronic disease. This contest challenges teams of 4-H members to create a dish using only a predetermined set of ingredients. From these ingredients, team members must identify and prepare the dish, then make a presentation about it to the judges. You can come as a team or an individual. More info at <http://jamestown4hcenter.org/camps/#camps/specialtycamps>

February 2016

Be Heart Healthy-Ten Steps to a Healthier You - February 11th

9:30-11:30 a.m. @ Chesterfield County Extension Office

Learn ways to help you and your family achieve a healthy lifestyle by making healthy food choices and increasing physical activity. To register contact Linda Cole at (804) 751-4401.

4-H Day at the Capitol — February 16th

4-H Day at the Capitol provides an opportunity for youth to learn about governmental procedures and emphasizes the importance of citizen involvement in the governmental process. Participants visit with legislators sharing their 4-H experiences and learning about the role of legislators in government. If you are interested in joining, please contact Bethany at the Chesterfield 4-H office: 804-751-4401 or eigelb@chesterfield.gov

Making Your Money Go Further - February 23rd

10 a.m.- 12 p.m. @ Chesterfield County Extension Office

In observance of America Saves Week, Feb. 22-27 - Gain control of your financial situation, know how much money you have to save and spend to accomplish your financial goals. To register contact Linda Cole at (804) 751-4401.

March 2016

Fit Extension - March 2016

Fit Extension an 8-week physical activity program to help you get motivated and moving (physical activity) and help you improve your health through changes in food choices (increase vegetables and fruits) and overall quality of life in a fun and challenging way. Program begins in March. Call (804) 751-4401. more details if interested.

March 2016 continued

4-H Camp Registration — March 4th

Chesterfield 4-H Camp will be held June 20-24, 2016.

Registration for this camp will be ONE DAY ONLY, on Friday March 4th at the Extension office, 5-8 p.m.



To register, the full amount (\$310) will be due and only check or money orders made out to "Treasurer of Chesterfield County". NO CASH PAYMENTS. Youth campers will be registered strictly on a first come/first serve basis. Any spots that may remain open after March 4th will also be filled on a first come/first serve basis. We are limited to 180 camper spots and we do fill very quickly! If your family is in need of assistance, we do have a limited number of scholarships available. If you are interested in joining, contact Bethany at the Chesterfield 4-H office: 804-751-4401 or eigelb@chesterfield.gov

Spring Cloverbud Camp — March 5th-6th

This 2-day, 1-night camp introduces youth ages 5-8 to the overnight camping experience. No previous experience in 4-H is necessary. These programs provide educational and recreational opportunities that are age-appropriate and supervised by Teen Leaders, Adult Volunteers, as well as Extension Agents and the 4-H Center Program Director. Cloverbud camps are typically held multiple times through-out the year. Campers at this age are full of energy and creativity and we facilitate age-appropriate activities that encourage positive growth and leadership while introducing them to the Camp experience. More info at <http://jamestown4hcenter.org/camps/#camps/specialtycamps>

Home Management Workshop - March 10th

9:30-11:30 a.m. @ Chesterfield County Extension Office

Gain skills and competencies in maintaining the home with emphasis on clutter control. To register contact Linda Cole at (804) 751-4401.

Ponds 101 Workshop — March 22nd

If you have a pond, manage a pond or think you might want a pond, come join us on March 22, 2016 for a workshop in Goochland County! Specialists from Virginia State University will be covering topics ranging from weed control to aquatic life. The event will run from 9am-Noon with the location revealed at time of registration. The cost to attend is \$5, the event will be cancelled upon insufficient registration.

April 2016

Landscape for Life - April 5th to May 10th

Are you a homeowner who wants to create and maintain your own healthy, sustainable landscape? Through instructor-led presentations, class discussions, and activities, you will deepen your understanding of how to get the most out of water in your garden, how to build healthy soils with minimal outside inputs, how to use native and climate adapted plants for this area and how to find the most environmentally-friendly landscape materials. Students will analyze their own home landscapes focusing on soils, water, plants and use of materials.

Classes will meet on Tuesday evenings beginning on April 5, 2016 through May 10, 2016 from 6:30-8:30 pm at the Cooperative Extension Office located at 6807 Mimms Loop, Chesterfield, 23832. call 804-751-4401 or email vce@chesterfield.gov for more information or click [Here](#) or visit <http://goo.gl/8pZYxw> to download a registration form or to learn more about the program.



2016 Spring Garden Seminar Series

Save the date for the following **FREE** public seminars to the public this Spring, Seminars take place at various Chesterfield County Libraries. **Seating is limited; registration required.**

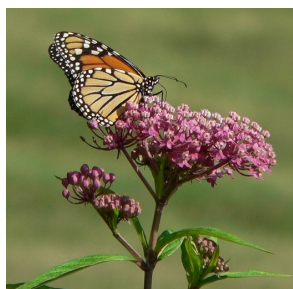
February 2016 Programs



Weeds

February 9th - 6-8:00pm @ Chester Library

Trying to control weeds in the lawn and garden are ever present gardening chores but they don't have to dominate your time. A Chesterfield Master Gardener will discuss techniques to help homeowners work smarter, not harder, in their lawns and gardens.



Going Native

February 16th 6-7:30pm @ Chester Library

Natives are not the same as wildflowers or weeds, and they are not necessarily natural or weedy looking either. Using native plants is an effective way that homeowners can make their gardens beautiful through responsible and sustainable gardening practices.



**Seminars presented by
Chesterfield County Master Gardeners**

You can also register by calling 804-751-4401 or send an email to vce@chesterfield.gov * Please register with the library.

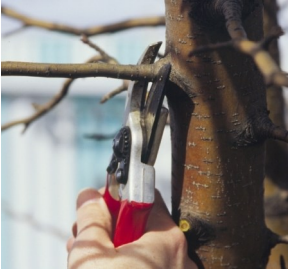
March 2016 Programs



Growing Mushrooms at Home

March 1st - 6-8pm @ Central Library

Growing mushrooms is unlike other gardening, but you can grow mushrooms at home. These tasty chameleons of the food world are fat-free, low in calories, and filled with vitamins, antioxidants and other nutrients. Plus, it is fun!



*Pruning for the Terrified

March 5th - 10:30am to 12:00pm @ Ettrick-Matoaca Library

The “Three W’s” of pruning: When, Where and Why, are discussed. Topics include the various methods of pruning small trees and shrubs, the times of year specific plants should be pruned, and how proper pruning can produce healthier, more attractive and longer-lived plants.

***Please call the Ettrick-Matoaca Library 804-318-8688 to register.**



*Attracting Specific Birds to your Yard

March 9th - 6:30pm-8:00pm @ Enon

Many species of birds that either live or visit here and your garden can be a smorgasbord of bird-tempting trees, shrubs, vines, native plants and flowers. For most birds, plants are an essential element in determining where they spend their time. The selection of plants and their arrangement in the landscape are important in making birds feel at home.

***Please call the Enon Library 804-318-8911 to register.**



Spring Lawn Care

March 10th - 6-8pm @ Central Library

Many of us want to get a jump start on lawn care but be sure to assess your lawn first. Turf plants are very sensitive in the early spring, and it is important to know when to do what for the healthiest lawn. You may discover that the optimal time for several lawn care tasks is not during the spring, but rather late summer.



Selecting and Planting Trees and Shrubs

March 16th - 6-8pm @ Midlothian Library

If you’re thinking about buying a tree or a shrub, do you know which trees and shrubs do best in your area? Do you know how to properly plant it so that it survives and grows well? This class gives basic information about choosing the best planting site, selecting the right species for that site, proper planting techniques and first-year care.



*Safety in the Garden - How not to hurt yourself

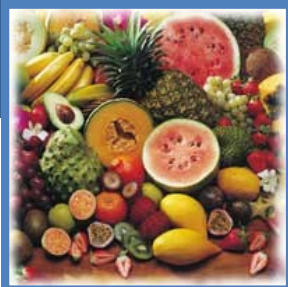
March 21st - 6:30-7:30pm @ Enon Library

With spring finally here, there are some things that will help keep you safe while working in your yards. Learn how to protect yourself from one of Chesterfield County’s master gardeners.

***Please call the Enon Library 804-318-8911 to register.**

Virginia Cooperative Extension

MASTER FOOD VOLUNTEER



• Love to Cook?

• Want to Learn More About

Nutrition and Wellness?

• Want to Make a Difference
in Your Community?



Sign up to be on the waiting list for the Master Food Volunteer Training Program taking place in Spring 2016!

Training includes:

- Basic Nutrition
- Meal Planning
- Cooking Techniques
 - Food Safety
- Exercise and Healthy Lifestyles
- Working with Diverse Audiences

Opportunities for service:

- Food Demonstrations & displays at health fairs, farmers markets and schools
- Grocery Store Tours
- Newspaper or newsletter articles on healthy eating, physical activity, and food preparation

And much, much more!!!

An interview process will occur after an application is submitted.

Interested? Contact Extension Agent Linda J. Cole by emailing licole2@vt.edu or calling 804-751-4401

Meet Our Volunteers!

Featuring Selicia Gregory Allen, 4-H Youth Volunteer

I became connected with Extension through 4-H. I have been volunteering with Chesterfield 4-H for 25 years. However, I got my start as a junior 4-H'er at age nine in the 4-H Business Bunch Club. My mom, Sarah Gregory and Brenda Friend Briggs were my 4-H leaders, and Carolyn Camden and Joseph "Skip" Todd were my 4-H Agents. I enjoyed each year participating in local and district contests striving "to make the best better" and earn those blue ribbons. My 4-H projects included food presentations and citizenship. I remember starting out making fruit salad and moving on to cheesecake and beef wellington. As the years passed, I took on more responsibility and eventually made my way to State 4-H Congress. Being away from home for a week on a college campus as a teenager, you learned a lot about responsibility, while not even knowing it because you were having fun taking classes and presenting your 4-H project(s) in the State contests. I can recall one of my project books being focused Citizenship. That book helped me to win first place and I had the opportunity to attend National 4-H Congress in Chicago. I remember the two-hour flight and staying at the Hilton Chicago. It was a fabulous experience meeting other 4-H'ers from around the country and touring the city.

Having a mother as a dedicated leader inspired me to do the same. As a member of the Virginia Association of Adult 4-H Leaders. At bi-annual conference we have the opportunity to take classes on new 4-H curriculum topics and best practices to take back to teach youth in our counties, as well as engage youth in our 4-H programs here in Chesterfield County.

Perhaps my greatest inspiration that came from being involved in extension and its 4-H program came from going to camp every year. Those years of going to Jamestown inspired me to attend a prestigious 4 year university and subsequently earn a Master's degree in Library and Information Science. As you can see, all those years of responsibility, research and exploring landed me in a great career at Virginia Union University, but also allows me to continuously give back my time to the community.

My experiences have been priceless. I continue to work with the Chesterfield 4-H Cloverbud Club and the 4-H Business Bunch Club, which has been active for 35 years. And now, I get to see my own daughter start just as I did. As she transition from being a Cloverbud, to junior 4-H'er in the county STEM club and making water rockets. 4-H has always been a part of not just my life but my family's life, and will continue on for many generations. 4-H is all about being a lifelong learner and making the best better for our youth and our world. Extension is such an important resource and asset to the community and being active in the organization at an early age was significant to my continuing and staying active later on in life.

Submitted by Selicia G. Allen, December 7, 2015

Continued from page 1.



2016

End of the year Highlights



Congratulations to the Master Gardener Class of 2015

On Monday, November 16, 2015 we celebrated over 8,500 hours contributed by Chesterfield Master Gardeners in Chesterfield County. Over 2,500 hours of which were gained this year by 17 new members to our group, the 2015 Master Gardener Class. We recognize the work of the new class as well as celebrated the work of 16 other individuals who received milestone awards for hitting a milestone in their Master Gardener career. Thank you to everyone who came out and congratulations to the new class!

New Senior Hall of Fame Member in 2015



Chesterfield Extension Congratulates Mrs. Brucie East as one of three inductees into Chesterfield County Senior Volunteer Hall of Fame. A volunteer in the Family and Consumer Sciences (FCS) program, Mrs. East, 98 years old, of the Chesterfield Association for Family and Community Education was nominated by Linda Cole, FCS Extension Agent for her outstanding achievement in "Books for Babies project," tutoring and literacy education and Virginia Cooperative Extension state-wide "Fit Extension" program. She has been a resident of Chesterfield County for

72 years. Please join us in congratulating Mrs. Brucie East!

FALL 2015

CLOVERBUDS CAMP

Highlights

Fall Cloverbuds Camp was held October 24-25th at the Jamestown 4-H Center. The camp had a special culinary theme this year and the campers, ages 5-8 years old, did food experiments, learned about hidden sugars, decorated cupcakes for after dinner dessert, and created a variety of healthy snacks.



Left: Virginia Tech food science professor Dr. Bill Eigel instructs Cloverbud campers in one of many food chemistry experiments he set up for the youth over the weekend. The campers learned about the role of fats in taste and texture of the foods we eat by exploring different potato chips, ice cream, and curdling of milk. The campers especially enjoyed the taste testing!!

Below: Two Chesterfield Cloverbuds busy at a healthy drinks station at the Fall Cloverbuds Camp. The girls learned how to read nutrition labels and measure out the teaspoons of sugar found in a number of common drinks.



The Cloverbuds camping programs are a great way for younger children to experience camp in a short dose. They spend one night away from home, which helps build independent living skills and prepare them for longer overnight trips in the future such as the week-long 4-H summer camps. Our next Cloverbuds Camp will be held March 5-6.

If you are interested or have questions, please contact Bethany at eigelb@chesterfield.gov

Office News

Meet our newest staff member!



Calandra Chaney is graduate of Virginia Commonwealth University with a Bachelor of Science degree in Mathematical Sciences with a concentration in Applied Mathematics and a minor in African-American Studies; and a Master of Business Administration degree with a concentration in Marketing. She is highly diverse with professional experience in education, community development, business; and a background in studio drawing and graphic design. She is also a long-time advocate of clean eating, nutrition, and healthy living practices. In her work with Virginia Cooperative Extension, Calandra is eager to explore her passion for nutrition outreach and education, and serve the residents of Chesterfield County.

Employee of the Year Awarded

The staff and directors of the James River SWCD would like to say a heartfelt congratulations to Conservation specialist John Allen, who was the 2015 recipient of the Chaffin award for Virginia Soil and Water Conservation Districts Employee of the Year at the Annual Meeting in Richmond on December 8th, 2015.



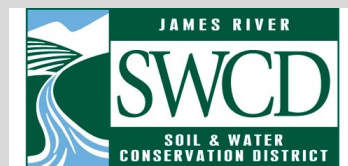
New Director elected to James River SWCD District's Board



On November 3, Chesterfield county residents elected a new director to serve on the James River Soil & Water Conservation District's Board. Rudy Hull will be replaced by Carey Allen beginning January 1, 2016. We appreciate Rudy's dedicated service to the District over the past four years, and we look forward to working with Carey. Margie Davis was re-elected to her third term on the Board, and currently serves as Vice-Chair.

Established in 1940, James River Soil & Water Conservation District's primary goal is to protect our natural resources through education, technical assistance, and financial assistance installing pollution-reducing practices on agricultural lands of Chesterfield and Prince George counties. District operations are governed by a Board of Directors composed of six citizens of Chesterfield and Prince George. The public elects two directors from each county, plus two positions are

appointed, each serving a four year term. Board meetings are held monthly and are open to the public.



We work with the people who work the land.



News From Chesterfield's Extension Leadership Council

WE WANT YOU!

**What is the
Extension Leadership
Council all about ?**

The Extension Leadership Council exists to develop and implement a program plan that will direct Extension's resources toward the resolution of identified issues and concerns.

**Interested in becoming
a member or getting
involved?
Call 804-751-4401**

The Chesterfield County Extension Leadership Council needs you! If you are looking for a minimal volunteer commitment and want to make an impact in your community, then we are for you!

Members are expected to attend quarterly meetings, help out with Extension Programs, be a voice and advocate for Extension and promote Extension programs in the community.



Prepare for the
next storm by visiting
[http://www.ready.gov/
winter-weather](http://www.ready.gov/winter-weather)

EXTENSION CLASSIFIEDS

Steps to Financial Success Workshop Now Available



A debtor's relief financial education course for post-bankruptcy (daytime classes only).

Contact Linda Cole at 804-751-4401 or licole2@vt.edu to schedule a session at a time convenient for you.

Pressure Canning Workshop Now Available

If you are interested, a class can be scheduled soon. Class size is limited to 10 people per session and runs from 6-9pm. \$15, to cover materials. The date selected will be what is convenient for the majority of the participants. **Interested? Contact Linda at 804-751-4401 or licole2@vt.edu**



Reminder: Pressure canners with dial gauges need to be checked to ensure dial gauge accuracy. Schedule an appointment and bring your dial gauge pressure canner to the Extension Office. **There is no fee for the gauge check!**

Calling all Chesterfield County Farmers!!

Do you own horses, cattle, sheep, goats, chickens, pigs or any other farm animals? Are you a crop farmer? Our new Agriculture and Natural Resources Extension Agent, Charlotte Maxwell, would love to hear from you! Please fill out the following survey to be added to the Agriculture contact list! <https://goo.gl/OLX4xi>

Does your lawn or landscape need a makeover in 2015?

Our Grass Roots Program will help you learn how to address soil deficiencies and other problems so you can have a lush green, environmentally-sound lawn. The Grass Roots program is limited to the first 400 clients and has a program cost of \$25.

Learn more and how to sign up at <http://goo.gl/yTv3Zo> today!

The Learn Your Landscape program can help. A Master Gardener volunteer will visit your yard to evaluate your growing conditions, plant placement and more. There is a program cost of \$30 and the program is limited to the first 60 clients.

Learn more about Learn Your Landscape and how to sign up at <http://goo.gl/RcqwJA>

**Interested in any of the programs and opportunities mentioned?
Get in touch with us today!**



Or Visit Online at <http://www.chesterfield.gov/extension/> for more details

Want to unsubscribe from our newsletter?
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Tell us what you think! [Customer Satisfaction Survey](#)

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